ABSTRACT

The present invention relates to a polymer having a melt tension (MT (g)) substantially the same as or lower than that of a conventional polymer which is substantially the same as the polymer in the recurring unit of the main skeleton, the molecular weight, the molecular weight distribution and the crystallinity, and having a flow activation energy (Ea (KJ/mol)) larger than a value obtained by adding 5 KJ/mol to the Ea value of the conventional polymer. A preferred example of the polymer is a branched polyolefin comprising 50 to 100 % by mol of recurring units derived from ethylene and 0 to 50 % by mol of recurring units derived from an α-olefin of 3 to 20 carbon atoms and having the following properties: the flow activation energy (Ea (KJ/mol)) and the α-olefin content (C (% by weight)) satisfy a specific relation, and the melt tension (MT (g)) and the melt flow rate (MFR (g/10 min)) satisfy a specific relation. This branched polyolefin is excellent in moldability and mechanical strength.